HIGH HEELS, MENOPAUSE, FATIGUE AND THE ADRENALS

Our body is an amazing creation. Every muscle in our body is linked to an individual meridian. Meridians are invisible channels through which chi (= energy) circulates throughout the body. Each meridian is linked to the organ system providing a direct relationship to each other.

Through this link the calf muscles are aligned with the adrenal glands via the Triple Heater meridian. The adrenals are a very important part of the Endocrine System. The endocrine system is a group of glands that work together and secrete many types of different hormones to regulate the body.

With some knowledge of the adrenals and an understanding of holistic health, it is possible to see how health problems can occur.

To start with, wearing high heels places the calf muscles (related to the adrenals) in an over contracted position (too tight) for an extended length of time. This causes the adrenals to be under stress and drain the body affecting every task the adrenals perform.

A very basic introduction to the adrenals
(Please research and investigate more yourself.)

The Adrenal Glands are located on each side of the body and sit just above the kidney. They are like a little hat on the kidneys.

The glands have an inner and outer part. The inner part (the medulla) secretes epinephrine\(^1\) and norepinephrine\(^2\). The outer part (cortex) secretes steroid hormones called corticosteroids\(^3\).

One of the priority functions of the adrenal gland is to release hormones. It is responsible for helping us deal with stress including our fight flight response. The adrenal glands also help to regulate blood pressure, sugar metabolism and sex hormones.

---

\( ^1 \) Epinephrine is a hormone secreted by the adrenal medulla upon stimulation by the central nervous system in response to stress, as anger or fear, and acting to increase heart rate, blood pressure, cardiac output, and carbohydrate metabolism.

\( ^2 \) Norepinephrine is a neurotransmitter, released by adrenergic nerve terminals in the autonomic and possibly the central nervous system, that has such effects as constricting blood vessels, raising blood pressure, and dilating bronchi.

\( ^3 \) Corticosteroids are a class of steroid hormones that are produced in the adrenal cortex. Corticosteroids are involved in a wide range of physiologic systems such as stress response, immune response and regulation of inflammation, carbohydrate metabolism, protein catabolism, blood electrolyte levels, and behaviour.
The adrenals and menopause

With the onset of menopause the ovary production of estrogen diminishes. The adrenal gland takes over the responsibility of producing the estrogen and progesterone. Therefore the adrenals have an extra workload. Provided the adrenal glands are performing at their optimum, this function will reduce the severity of the change in the hormone balance.

As mentioned above the calf muscles have a direct link to the adrenals. Wearing high heels can affect menopause by causing a disturbance in the effectiveness of the adrenals. This is due to the calf muscles being kept in a shortened position for too long and too often. With the adrenals not working correctly oestrogen and / or progesterone are affected.

A well-trained Kinesiologist can test the integrity (ability to work to a satisfactory ability) of the calf muscles. If they are not working affectively the Kinesiologist will use specific Kinesiology tests and corrections to find and fix what the person requires to release the excess stress on the calf muscles. This will in turn help balance the body to alleviate adrenal and menopausal symptoms.

The most common symptom of menopause is hot flushes. However women may sometimes experience several of the symptoms listed below:

- Hot flushes and night sweats
- Aches and pains
- Crawling or itching sensations under the skin
- Headaches
- Vaginal dryness
- Reduced sex drive (libido)
- Urinary frequency
- Tiredness
- Irritability
- Depression
- Sleeping difficulty
- Lack of self esteem
- Forgetfulness

Adrenal stress and fatigue

Our ever changing lifestyles have become highly stressed and we are not coping. Stress is normal and natural. We need it to survive. The problem for many is that we sustain too much stress and don’t receive enough balance in our lives.

When adrenal overwhelm happens, our adrenal glands will first overproduce hormones and eventually get fatigued or exhausted. In doing so it will eventually start to slow down the production of hormones and experience adrenal fatigue.

When adrenal fatigue occurs the adrenals glands will first over producing hormones then slow down causing exhaustion. This is often known as adrenal overwhelm.
Many people are in a state of temporary or permanent stress or adrenal overload. The most common signs include:

- exhaustion
- trouble sleeping
- trouble getting out of bed
- depression
- anxiety
- sugar and/or salt cravings
- weight gain and inability to lose weight
- increased effort to do everyday tasks
- decreased sex drive
- light headed when standing up
- low body temperature
- more prone to colds and flu
- less tolerance to stress

Adrenal fatigue can be very common and very serious. I have seen many people over the years placed on anti depressants or thyroid medication who simply needed their adrenals to be brought back into correct balance and harmony. Kinesiology is an effective way to help these problems.

Once again a well-trained Kinesiologist such as a PKP Kinesiologist can test the integrity of the adrenals and your body as a whole. A Professional Kinesiology Practitioner will ask you about your symptoms and perform a specific balancing routine designed to release the built up stress bringing you back into harmony and reset hormonal imbalances.

So, think again next time you are about to wear those high heels.

Article by

Danny Liddell  Dip K, Dip Bus, Dip T&AS
Principal Brisbane Campus
Kinesiology Schools Australia

www.kinesiologyschools.com.au